

Mindfulness Resources

- ❖ Center for Mindfulness in Medicine, Health Care and Society: Free downloadable webinars & videos (<http://www.umassmed.edu/cfm/>)
- ❖ MBSR: 25 Mindfulness-Based Stress Reduction Exercises and Courses, Courtney E. Ackerman, MSc: <https://positivepsychology.com/mindfulness-based-stress-reduction-mbsr/>
- ❖ Stanford List of available classes and resources on mindfulness: <https://wellmd.stanford.edu/content/dam/sm/wellmd/documents/Mindfulness-resources-10-2015.pdf>
- ❖ UCLA Mindful Awareness Research Center: Free downloadable guided meditations (<http://marc.ucla.edu/body.cfm?id=22>)
- ❖ UCSD Center for Mindfulness: Free downloadable guided meditations (<https://medschool.ucsd.edu/som/fmph/research/mindfulness/pages/default.aspx>)
- ❖ UCSF Osher Center for Integrative Medicine Guided Imagery and Meditation: https://www.healthjourneys.com/partneraccess/index/display/token/7nQzXil5GTW8oVx4tVYQH1QIEO8YMF2ChsVLK4jc4pw2iuydWQeXYm4KI9GCYCD7ff_1cx78kNnvXblbk2iYsnK9ae-Lld98fh76_OSeN1aPXksA8ctBwyQAY-NPv7JVSAHX8DfxKkodVfl41luAA==

Exercises

❖ Mindfulness Meditation:

“Start by taking your mind inwards for a moment by focusing on the breath. Take a few gentle deep breaths, from the belly. In and out. Relax. Let go. Continue to breathe for as long as you wish.

Now take your mind outwards. See your thoughts, feelings, moods, and sensations as objects floating down a stream, coming into view and vanishing from sight. Simply watch without judgment or analysis. Just watch them pass.

Now pluck an object from the stream and focus on it. Let the other sensations and thoughts go by in the background. Note any new thoughts or feelings that arise from observing this object. Sit with these thoughts and feelings for a moment.

Whenever you’re ready to leave this object behind, simply deposit it on a leaf and let it float downstream” (The Mindful Word, 2012).

❖ Body Scan

- ✓ Lie with your back on the floor or a bed and close your eyes.
- ✓ Move your awareness through your body, focusing on one area at a time.
- ✓ Stop whenever you find an area that is unusually tight or sore and focus your breath on this area until it relaxes.
- ✓ You can use a calm and healing visualization at this point as well (e.g., a ball of white light melting into the sore spot).
- ✓ For an extended guide to practicing the body scan, click [here](#).